



FOOD SCOOP

“A Michigan Food & Nutrition Program Edition”

September 2000

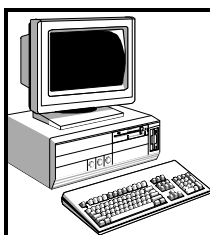
Issue No. 2

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NEED ASSISTANCE CALL:

School Meals Program	(517) 373-3347
Food Distribution	(517) 373-8642
Fiscal Reporting	(517) 373-2077
Child Care Food Program	(517) 373-7391
Fax Number	(517) 373-4022





Regulatory Issues

New National Daily Attendance Factor

Effective with the October, 2000 Claim for Reimbursement, the new national daily attendance factor is **92.9%**.

School food authorities must continue to document any reported TOTAL MEAL SERVINGS that exceed 92.9% of enrollment multiplied by days served. The same documentation is required for FREE MEALS and REDUCED PRICE MEALS that exceed the established attendance factor (multiply number of reported Free and/or Reduced applications by number of days served by 92.9%). Reimbursement claims exceeding the 92.9% factor, submitted without documentation, will not be paid.

The documentation that must be provided is the pink form, SL-200, "Justification for Exceeding National Attendance Factor". This form must be sent in each time a site exceeds the attendance factor for a given month. You will find the form on the last page of this issue of food scoop. The "Overclaim" box on the MEIS screen must also be checked.

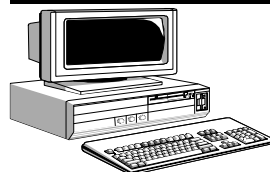
Exception: When it is known that the factor will be exceeded for consecutive, multiple months of the year, check the "School Year 2000-2001 Justification" box on the top of the SL-200 form. This will cover that site for the remainder of the fiscal year or until you notify us of a change. The "Overclaim" box on the MEIS screen will be checked automatically. Unless there is a change, no additional forms

will need to be submitted for the rest of the fiscal year.

All individual school buildings are required to report enrollment every month. Be sure to report the number of enrolled children in all grade levels, including kindergarten, for each building.

State Payments

State payments for School Year 1999/2000 will be calculated and allocated beginning in September through the first part of October. The first payment will be the ***Supplemental Lunch Payment*** (5 & 2), the second will be the ***Supplemental Breakfast Payment*** and last will be the ***State Match Payment***. All schools do not necessarily qualify for the first two payments. Only public schools are eligible and it relates to the per meal costs reported on the Year End Report. All School Lunch Program participants receive the ***State Match Payment***. Status reports detailing the type and amount of payment will be sent prior to the warrants being issued.



MEIS Updates

New Security System

By the time you are ready to submit your September claim data, there will be a new security system in place for gaining access to the SM-4012-SL claim form on the Michigan Education Information System (MEIS). You will only use your current Login and Password one more time in order to merge your current security credentials into the new system. More detailed information will be forthcoming

regarding this change via a separate mailing. Instructions as well as questions and answers will be available on screen. If any problems are encountered merging your MEIS Account, contact the MDE Help Desk at (517) 335-0505 or helpdesk@mde.state.mi.us.

New Fiscal Year

A reminder that beginning with the October, 2000 claim, you will need to select the new fiscal year 2001 option on the MEIS Home Page. The September claim will be the final one to be entered for fiscal year 2000. If you have the current fiscal year Login screen bookmarked, before entering October claim data you will need to go to the MEIS Home Page at:

<http://www.meis.mde.state.mi.us/>

and click on what will be the new first option: fiscal year 2001 (October 1, 2000 through September 30, 2001). That will allow you to access the Login screen for the new year.

August/September Claims for Reimbursement

If your school served meals for 10 days or less in August, you do not need to submit an August claim. Combine August and September claim data and submit both on your September claim form. If meals were served more than 10 days in August, a separate claim must be submitted for that month.



BACK TO SCHOOL UPDATE

Welcome back to the first full school year of the new millennium! We will be providing a "Back to School" information update, as well as an opportunity to get your questions answered, again this year. This information update will last approximately one hour and be provided as part of regularly scheduled area meetings for Food Service Directors throughout the State. Attached to this issue is the agenda and sites scheduled thus far. Watch for further updates on our web page for additional sites to be added soon.

5 A Day Week 2000

National 5 A Day Week 2000 is September 10-17, 2000. With the American population continually on the go, eating healthy is often a challenge. The average person consumes more food away from home than ever before. **Fruits and vegetables are nature's "original fast food" but what if good choices are not available where you eat?** As consumers, we have the right to request wise and healthy food choices be accessible at work, in school cafeteria, vending machines, and catered events, as well as home or when eating out. National Cancer Institute's 5 A Day Week builds on this concern with the theme **"Fruits and Vegetables: By Popular Demand."**

The Michigan 5 A Day Program wanted to make Coalition Members aware of the encouragement sublicensees are receiving to organize activities that focus on having more fruits and vegetables available by employers, schools, and families! This is a good opportunity to plan events to educate consumers on the resource tools needed to advocate for the availability of fruits and

vegetables.

A kit is available on the National 5 A Day Program Website (<http://dcccps.nci.nih.gov/5aday>) by clicking on "5 A Day Week 2000." **This kit is an excellent resource for consumers who want the tools to request more fruits and vegetables.** It offers health professionals, educators, food service staff, and retailers important tools to increase the availability of fruits and vegetables to consumers. Remember to speak up for healthy choices own your own agency. An important choice you can make for your overall health is deciding to eat 5 A Day!

Food Safety Month

Did you know that September is National Food Safety Education Month? The month is dedicated to promoting safe food preparation and educating individuals about the importance of food safety. The theme for this year is "Be Smart. Keep Foods Apart -- Don't Cross-Contaminate".

Visit the Web site for National Food Safety Education Month at: www.FoodSafety.gov/September.

There are many ideas that can be used to teach students about food safety at this site.

Suggest holding student coloring contests. Copy the coloring page from the website.

Have students check their food safety savvy by completing the crossword puzzle that can be downloaded from website.

Check out these websites for more information and ideas to promote food safety:

www.fightbac.org (Fight Bac!)

www.fsis.usda.gov/thermy (Thermy)

There is also a food safety on-line electronic discussion group for individuals to communicate food safety questions and concerns. To join, send an email message to: majordomo@nal.usda.gov
Send the message: subscribe foodsafe your name<your email address>



COUNTRY FRESH

DAIRY PRODUCTS REBATE!!

Country Fresh Inc. is processing several dairy products for the schools using USDA commodity non-fat dry milk. Due to the limited shelf life of dairy products, these products will not be available through the warehouses. However, Country Fresh will be offering a rebate per case on the following products:

PRODUCTS	REBATE AMOUNT PER CASE
5# Sour Cream	\$0.203
30# Sour Cream	\$1.218
5# Lowfat Cottage Cheese	\$0.26
30# Lowfat Cottage Cheese	\$1.56
50/8oz Lunch Munch Chocolate Shake	\$2.57
24/12oz Cookie N' Cream Malt Cup	\$0.50
24/12oz Rainbow Malt Cup	\$0.41
6/24 Mini Ice Cream Sandwich	\$0.32
24/4oz Strawberry or Raspberry Yogurt	\$0.48

Country Fresh products in the foodservice pack are available from many warehouse and dairies. Check to see if these products are carried by your supplier. Information describing the rebate

program and procedures to follow are available to all. Simply mail the completed rebate form and include a copy of the invoices. You may choose to do a monthly rebate or save a couple months and send them at one time. Be sure to include who the check should be made out to. Please feel free to contact Pete Reynolds at 1-800-444-4511 if you have questions concerning this rebate program or to request the rebate form.

REFRIED BEANS FROM FRIJOLE OLE

The dehydrated Frijole Ole Refried Beans, processed from USDA commodity dried pinto beans, are an excellent product to use in School Meals to increase the intake of protein while adding little fat. Food service directors who have been using this product with success offer this advice: Remember to **add more water**, depending on consistency desired, as the product sits on the steam table.

We have lots of this product in the warehouses just waiting to be ordered. On the following page is a recipe offered by one Food Service Director.

FUN WITH WALNUTS!!

USDA commodity walnuts are available from Northern and TLC warehouses for the 2000/2001 School Year. One pound of shelled walnuts equals about 3 and 3/4 cups of walnut pieces. There are a variety of ways to use walnuts:

- ▶ In recipes calling for peanuts or a bread crumb topping
- ▶ Mix with sliced fruits or sprinkle on cottage cheese
- ▶ Add to sandwich fillings such as egg,

- ▶ ham, chicken or tuna salad
- ▶ Add to cake batters or sprinkle on frosting, puddings, ice cream or cobblers
- ▶ Add as a pizza topping
- ▶ Add to pilaf to add delicate crunch
- ▶ Use in veggie burgers
- ▶ Finely grind and use as a partial replacement for shortening in piecrust/pastry
- ▶ Add to cereals; sprinkle on lots of breakfast items

Remember, walnuts may be used to meet *no more* than 50% of the Meat or Meat Alternate requirement. In addition, walnuts must be used in *combination* with one or more other Meat or Meat Alternates.

Try this First Place Recipe from the 2000 “*Win with Walnuts*” contest sponsored by The Walnut Marketing Board. Each 7 oz. portion provides 1/2 cup fruit/vegetable serving.

Idaho Spice Cake

Yield: 1 cake (18x26) 108 portions (cut 2x2)

<u>Ingredients</u>	<u>Wt.</u>	<u>Measure</u>	<u>Method</u>
Butter or Margarine	8 oz	1 cup	1. Cream butter. Add sugar and cream well.
Sugar		4 cups	
Eggs	8		2. Add eggs one at a time. Add vanilla, beat well.
Vanilla		2 tsp	
Mashed cooked pinto beans	2 quarts	8 cups	3. Blend in beans.
Flour		4 cups	4. Sift together dry ingredients. Add to egg mixture and blend.
Baking soda		4 tsp	
Cinnamon, ground		4 tsp	
Cloves, ground		2 tsp	5. Fold in apples, raisins and nuts.
Salt		1 tsp	6. Turn into greased an. Bake at 375 degrees until cake tests done, about 45 to 50 minutes.
Nutmeg, ground		1 tsp	
Diced apples	2 quarts	8 cups	
Raisins	1 1/2 pints	3 cups	
Chopped nuts		1 cup	Frost with cream cheese frosting and enjoy!

Optional: For Spicy Chocolate Cake add 1 cup cocoa along with sugar. **Nutritional analysis per serving:** 139.0 Calories; 3.0 Fat (18.9 calories from fat); 4.2 Protein; 24.8 Carbohydrate; 18 Cholesterol; 90 Sodium.

Idaho Bean Commission P.O. Box 2566, Boise, ID 83701 <http://www.state.id.us.hean> Email: rtway@bean.state.id.us

California Walnut Fruit Salad

YIELD: 10 (7 OZ.) PORTIONS

Ingredient	Weight	Measure
Red apples	1 lb.	2 large
Golden apples	1 lb.	2 large
Bananas	8 oz.	2 medium
Orange juice	1 lb.	2 cups
Grapes, red	3 oz.	1/2 cup
Grapes, green	3 oz.	1/2 cup
Honey	1/2 oz.	1 tsp.
Yogurt, lowfat	8 oz.	1 cup
California walnuts, chopped	6 oz.	3/4 cup
Raisins	1-1/2 oz.	1/4 cup



PROCEDURE

1. Wash, core, and cube apples (skins on). Peel bananas and cut in cubes. Dip apple and banana pieces in orange juice. Set aside to drain.
2. Combine honey and yogurt. Gently fold in apples, bananas, grapes, walnuts, and raisins.
3. Chill well before serving.

SERVING: Provides 1/2 cup fruit/vegetable serving.

NUTRIENTS PER SERVING: Calories 162 kcal, Protein 4.2g Carbohydrate 26.5 g, Total fat 5.7 g, Saturated fat 0.7 g, Cholesterol 1.4mg, Total dietary fiber 2.5g, Vitamin A 20.4 RE, Vitamin C 23.3 mg, Vitamin E 1.0 mg, Thiamin 0.1 mg, Riboflavin 0.1 mg, Niacin 0.5 mg Vitamin B6 0.4 mg, Vitamin B12 0.1 mcg, Folate 14.7 mcg, Sodium 171 mg, Calcium 59.2 mg, Magnesium 38.0 mg, Potassium 386.0 mg, Iron 0.8 mg, Zinc 0.7 mg.

<div>September, 2000</div> <div>CALENDAR OF EVENTS</div> <div>CHILD NUTRITION PROGRAM</div>		<div>Michigan State Board of Education</div> <div>Dorothy Beardmore, President</div> <div>Kathleen N. Straus, Vice President</div> <div>Herbert S. Moyer, Secretary</div> <div>Sharon Wise, Treasurer</div> <div>Sharon L. Gire</div> <div>Marianne Yared McGuire</div> <div>Michael David Warren Jr.</div> <div>Eileen L. Weiseer</div> <div>Arthur E. Ellis, Superintendent</div> <div>Governor John Engler, Ex-Officio</div>
September 2000		
10	August Monthly Claim Due	
10-17	5 A Day Week 2000	
29	Cut-off for July Monthly Claim	
October, 2000		
10	September Monthly Claim Due	
9-13	National School Lunch Week	
24-27	Annual School Food Service Directors Conference - Shanty Creek	
30	Cut-off for August Monthly Claim	
31	Count Free and Reduced Applications to Determine Verification Sample Size	

NUTRIENT ANALYSIS - PROCESSED FOODS
School Year 2000/2001
8/00

Product Serving/case & Serving Size	School Meal Contribution	Food Energy	Protein	Carbs.	Fat	Saturated Fat	Cholesterol	Vitamin A	Vitami n C	Iron	Calcium	Sodium	Fiber
		calories	grams	grams	grams	grams	mg	units	mg	mg	mg	mg	grams
<i>Advance Foods</i>													
Breaded Pork Patty 120 per case/1 patty	2 oz. Meat 1 Bread	323	16	16	21	6	40	64	0	2	42	708	2
Product Serving/case & Serving Size	School Meal Contribution	Food Energy	Protein	Carbs.	Fat	Saturated Fat	Cholesterol	Vitamin A	Vitami n C	Iron	Calcium	Sodium	Fiber
		calories	grams	grams	grams	grams	mg	units	mg	mg	mg	mg	grams
<i>Bun Basket</i>													
Bread Stixs 180 per case/1 stick	1 Bread	160	5	32	1	0	0	0	0	2	12	330	1
Product Serving/case & Serving Size	School Meal Contribution	Food Energy	Protein	Carbs.	Fat	Saturated Fat	Cholesterol	Vitamin A	Vitami n C	Iron	Calcium	Sodium	Fiber
		calories	grams	grams	grams	grams	mg	units	mg	mg	mg	mg	grams
<i>Cutie Pie</i>													
Apple Turnover 80 per case/1 piece	2 Bread ½ cup fruit	299	4	50	9	2	0	12	19	2	23	377	2
Blueberry Turnover 80 per case/ 1 piece	2 Bread ½ cup fruit	301	4	51	9	2	0	15	3	2	25	338	2
Cherry Turnover 80 per case/1 piece	2 Bread ½ cup fruit	317	4	54	9	2	0	239	2	2	27	339	2

Peach Turnover 80 per case/1 piece	2 Bread ½ cup fruit	309	4	53	9	2	0	109	2	2	25	336	2
Product Serving/case & Serving Size	School Meal Contribution	Food Energy	Protein	Carbs.	Fat	Saturated Fat	Cholesterol	Vitamin A	Vitami n C	Iron	Calcium	Sodium	Fiber
		calories	grams	grams	grams	grams	mg	units	mg	mg	mg	mg	grams
<i>Festida Foods</i>													
6" Flour Tortilla 288 servings/cs./1 each	1 Bread	75	2	13	2	1	0	0%	0%	4%	1%	190	1
8" Flour Tortilla 288 servings/cs./1 each	1 1/4 Bread	94	3	16	3	1	0	0%	0%	5%	1%	238	1
Tortilla Pieces 32 servings/cs./12 chips	1 Bread	140	2	18	8	1	0	0%	0%	8%	4%	0	3

Product Serving/case & Serving Size	School Meal Contribution	Food Energy	Protein	Carbs.	Fat	Saturated Fat	Cholesterol	Vitamin A	Vitami n C	Iron	Calcium	Sodium	Fiber
		calories	grams	grams	grams	grams	mg	units	mg	mg	mg	mg	grams
<i>Frijole Ole</i>													
Beans, Refried 134 servings/cs./3 oz. prepared	No Contribution	36	2	6	0	0	0	0	0	0	0	71	3

Product Serving/case & Serving Size	School Meal Contribution	Food Energy	Protein	Carbs.	Fat	Saturated Fat	Cholesterol	Vitamin A	Vitami n C	Iron	Calcium	Sodium	Fiber
		calories	grams	grams	grams	grams	mg	units	mg	mg	mg	mg	grams

Goldkist, Inc.													
Chicken Nuggets 174 servings/cs./5 nuggets	2 oz. Meat 1 Bread	234	15	12	14	2	32	98	1	1	3	355	0
Product Serving/case & Serving Size	School Meal Contribution	Food Energy	Protein	Carbs.	Fat	Saturated Fat	Cholesterol	Vitamin A	Vitami n C	Iron	Calcium	Sodium	Fiber
		calories	grams	grams	grams	grams	mg	units	mg	mg	mg	mg	grams
Gorges													
Beef Crumbles 184 servings/cs./2.6 oz.	2 oz. Meat	170	15	0	12	5	45	0	0	15%	0	200	0
Product Serving/case & Serving Size	School Meal Contribution	Food Energy	Protein	Carbs.	Fat	Saturated Fat	Cholesterol	Vitamin A	Vitami n C	Iron	Calcium	Sodium	Fiber
		calories	grams	grams	grams	grams	mg	units	mg	mg	mg	mg	grams
JTM Provisions, Inc.													
Chili w/beans 80 servings/cs./6 oz.	2 oz. Meat 1/4 cup Vegetable	141	14	11	4	2	16	443	60	3	60	585	5
Cheddar Cheese Sauce 240 servings/cs./2 oz.	1 oz. Meat	120	8	2	9	6	30	338	6	0	228	540	0
Drained Beef Spaghetti Sauce 80 servings/cs./6 oz.	2 oz. Meat 1/4 cup Vegetable	99	10	n/a	4	2	16	354	11	2	18	292	0
Drained Beef Taco Filling 136 servings/cs./3.5 oz	2 oz. Meat 1/8 cup Vegetable	122	15	n/a	5	2	20	974	6	3	40	681	0

Pork & Turkey taco Filling 135 servings/cs./3.6 oz	2 oz. Meat 1/8 cup Vegetable	162	14	n/a	10	3	35	642	6	2	45	549	0
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Product Serving/case & Serving Size	School Meal Contribution	Food Energy	Protein	Carbs.	Fat	Saturated Fat	Cholesterol	Vitamin A	Vitami n C	Iron	Calcium	Sodium	Fiber
		calories	grams	grams	grams	grams	mg	units	mg	mg	mg	mg	grams
<i>JTM Provisions, Inc (continued)</i>													
Pleva Pork Sausage 128 per case/1 patty	1 oz. Meat	80	6	n/a	6	3	20	20	0	1	14	290	0
Pleva Beef Patty Raw 100 per case/1 patty	2 oz. Meat	190	17	n/a	12	5	55	28	0	2	9	1,299	0
Pleva Beef Patty Pre- cooked 140 per case/1 patty	2 oz. Meat	172	20	n/a	9	4	38	33	0	2	10	353	0
6" Full Baked Sub Bun 96 per case/1 bun	3 ½ Bread	271	9	n/a	4	1	0	0	0	3	76	454	0
5" Mini Full Baked Sub Bun 96 per case/1 bun	2 Bread	150	4	n/a	3	0	0	0	0	2	43	260	0
Product Serving/case & Serving Size	School Meal Contribution	Food Energy	Protein	Carbs.	Fat	Saturated Fat	Cholesterol	Vitamin A	Vitami n C	Iron	Calcium	Sodium	Fiber
		calories	grams	grams	grams	grams	mg	units	mg	mg	mg	mg	grams
<i>Land O'Lakes</i>													
Macaroni & Cheese 6/5#/case/ 1 cup	2 oz. Meat 1 1/4 Bread	460	20	35	29	15	70	35%	0	8%	40%	1,640	1

Shredded American Sharp 320 serv/cs./1 oz.	1 oz. Meat	100	5	<1	8	5	20	8%	0	0	20%	370	0
Product Serving/case & Serving Size	School Meal Contribution	Food Energy	Protein	Carbs.	Fat	Saturated Fat	Cholesterol	Vitamin A	Vitami n C	Iron	Calcium	Sodium	Fiber
		calories	grams	grams	grams	grams	mg	units	mg	mg	mg	mg	grams
<i>Litehouse</i>													
BBQ Sauce 4/1 gal / 2T.	No Contribution	40	0	9	0	0	0	2%	2%	0	0	380	0
Buttermilk Dressing Lo-cal 4/1 gal/ 2 T.	No Contribution	80	0	2	7	1	10	0	0	0	0	170	0
French Dressing Lo-cal 4/1 gal/ 2 T.	No Contribution	35	0	6	2	0	0	4%	0	0	0	290	0
Golden Italian Dressing 4/1 gal/ 2 T.	No Contribution	80	0	3	7	1	0	2%	0	0	0	300	0
Golden Italian Dressing Lo-cal 4/1 gal/ 2 T.	No Contribution	70	0	8	4	1	0	0	0	0	0	330	0
Ranch Dip 2/1 gal/ 2 T.	No Contribution	150	0	3	15	2	10	0	0	0	0	230	0
Ranch Dressing 4/1 gal/ 2 T.	No Contribution	150	0	3	15	2	10	0	0	0	0	230	0
Salad Dressing 4/1 gal/ 1 T.	No Contribution	70	0	3	6	1	10	0	0	0	0	120	0
Salad Dressing Lo-cal 4/1 gal/ 1 T.	No Contribution	35	0	3	2	0	5	0	0	0	0	125	0

Taco Sauce 4/1 gal/ 2 T.	No Contribution	10	0	2	0	0	0	0	6%	2%	0	240	0
Frontier French 4/1 gal/ 2T.	No Contribution	130	0	8	11	2	0	2%	2%	0	0	380	0

Product Serving/case & Serving Size	School Meal Contribution	Food Energy	Protein	Carbs.	Fat	Saturated Fat	Cholesterol	Vitamin A	Vitami n C	Iron	Calcium	Sodium	Fiber
		calories	grams	grams	grams	grams	mg	units	mg	mg	mg	mg	grams
<i>J. M. Smucker</i>													
Crustless P B & J Sandwich 72 per case/1 piece	1 oz. Meat 1 Bread	315	11	32	17	4	0	0	0	8%	8%	350	3

Product Serving/case & Serving Size	School Meal Contribution	Food Energy	Protein	Carbs.	Fat	Saturated Fat	Cholesterol	Vitamin A	Vitami n C	Iron	Calcium	Sodium	Fiber
		calories	grams	grams	grams	grams	mg	units	mg	mg	mg	mg	grams
<i>Pierre</i>													
Rib Nibblers 100/cs./4 nibblers	2 oz. Meat	136	15	3	7	3	37	104	1	1	29	396	1
Pork Sausage Link 250/cs./1 link	1 oz. Meat	85	8	0	5	2	26	10	0	0	9	231	0
Rib BQ Patty 160/cs./1 strip	2 oz. Meat	153	15	3	9	3	43	84	1	1	22	400	1

Product Serving/case & Serving Size	School Meal Contribution	Food Energy	Protein	Carbs.	Fat	Saturated Fat	Cholesterol	Vitamin A	Vitami n C	Iron	Calcium	Sodium	Fiber
		calories	grams	grams	grams	grams	mg	units	mg	mg	mg	mg	grams
<i>Speciality Foods/ Popa Joe's</i>													
15" Pepperoni Pizza 72 per case/1 slice	2 oz. Meat 3 Bread 1/8 c. Veg.	432	23	51	15	6	33	452	2	2	254	597	n/a
Product Serving/case & Serving Size	School Meal Contribution	Food Energy	Protein	Carbs.	Fat	Saturated Fat	Cholesterol	Vitamin A	Vitami n C	Iron	Calcium	Sodium	Fiber
		calories	grams	grams	grams	grams	mg	units	mg	mg	mg	mg	grams
<i>Speciality Foods/ Popa Joe's (continued)</i>													
French Bread Cheese Pizza 72 per case/1 slice	2 oz. Meat 3 Bread 1/4 c. Veg.	382	23	48	11	6	31	263	5	4	451	694	3
Italian Pizza Bagel 60 per case/1 bagel	2 oz. Meat 3 Bread 1/4 c. Veg.	380	23	42	13	5	55	15%	15%	20%	25%	940	2
Cinnamon Texas Toast 84 per case/1 piece	1 oz. Meat 1 ½ Bread	320	20	46	10	3	110	10%	2%	10%	10%	480	3
Texas Cheese Toast 72 per case/1 piece	2 oz. Meat 3 Bread	400	17	36	21	6	55	10%	0	2%	25%	1,000	4

Product Serving/case & Serving Size	School Meal Contribution	Food Energy	Protein	Carbs.	Fat	Saturated Fat	Cholesterol	Vitamin A	Vitami n C	Iron	Calcium	Sodium	Fiber
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		calories	grams	grams	grams	grams	mg	units	mg	mg	mg	mg	grams
<i>Sunny Fresh</i>													
Cinnamon Glaze Toast 150 per case/1 toast	1 oz. Meat 2 Bread	244	8	34	8	2	122	242	0	n/a	69	339	1
Diced Eggs 320 per case/1 oz.	1 oz. Meat	43	3	1	3	1	122	160	0	0	17	71	0
Grilled Egg Pattie 240 per case/1 pattie	1 1/4 oz. Meat	49	3	1	3	1	113	174	0	n/a	n/a	119	0
Scrambled Egg Mix 320 per case/1 oz.	1 oz. Meat	48	3	1	3	1	111	166	0	0	n/a	124	0
Colby Cheese Omelet 225 per case/1 omelet	2 oz. Meat	115	9	1	9	4	190	413	0	n/a	n/a	220	0
Product Serving/case & Serving Size	School Meal Contribution	Food Energy	Protein	Carbs.	Fat	Saturated Fat	Cholesterol	Vitamin A	Vitami n C	Iron	Calcium	Sodium	Fiber
		calories	grams	grams	grams	grams	mg	units	mg	mg	mg	mg	grams
<i>Tyson</i>													
Breaded Chicken Patties 115 per case/1 patty	2 oz. Meat 1 Bread	270	16	11	18	40	50	2%	0	6%	0	430	1

Product Serving/case & Serving Size	School Meal Contribution	Food Energy	Protein	Carbs.	Fat	Saturated Fat	Cholesterol	Vitamin A	Vitami n C	Iron	Calcium	Sodium	Fiber
		calories	grams	grams	grams	grams	mg	units	mg	mg	mg	mg	grams
<i>United Commodities</i>													
Apricot Danish 120 per case/1 danish	1 ½ Bread	240	4	39	8	3	0	0	0	0	1	210	3

Blueberry Danish 120 per case/1 danish	1 ½ Bread	220	3	43	4	1	0	0	0	0	1	210	3
Blueberry Muffins Lofat 96 per case/1 muffin	1 Bread	190	2	34	5	1	0	0%	0%	4%	2%	220	<1
Burrito Pork/Cheese 60 per case/1 each	2 oz. Meat 2 Bread	362	19	38	15	n/a	39	1,015	3	3	169	835	
Carrot Raisin Muffin 96 per case/1 muffin	1 Bread	190	3	29	8	1	0	182	0	1	16	220	<1
String Cheese 360 per case/1 piece	1 oz. Meat	70	5	0	7	5	20	8	0	15	25	95	0
Cherry Muffin 96 per case/1 muffin	1 Bread	190	3	27	8	2	0	24	0	1	29	220	0
Chocolate Choc. Chip Muffin Lofat 96 per case/1 muffin	1 Bread	220	3	40	6	2	0	0%	0%	4%	2%	210	1
Product Serving/case & Serving Size	School Meal Contribution	Food Energy	Protein	Carbs.	Fat	Saturated Fat	Cholesterol	Vitamin A	Vitami n C	Iron	Calcium	Sodium	Fiber
		calories	grams	grams	grams	grams	mg	units	mg	mg	mg	mg	grams
<i>United Commodities (continued)</i>													
French Toast Stix 97 servings per case/ 3 sticks	1 Bread	180	7	22	7	2	150	4%	0	8%	4%	320	1
Quesadilla Pork/Cheese 60 per case/1 each	2 oz. Meat 2 Bread	316	18	30	14	n/a	39	1,015	3	3	142	767	
Raisin Spice Muffin 96 per case/1 muffin	1 Bread	200	3	30	8	1	0					220	0

Apple Raisin Muffin 96 per case/1 muffin	1 Bread	220	2	33	9	2	0					190	0
Cherry Applesauce 96 per case/1/2 cup	1 Fruit	90	0	23	0	0	0	0	28	0	2%	0	1
Cinnamon Applesauce 96 per case/1/2 cup	1 Fruit	120	0	30	0	0	0	0					
Turkey Breast Deli Roll 18-20# per case/3 oz.	2 oz. Meat	90	17	2	2	0	42	0	0	6%	2%	570	0
Mini Corn Dog Nuggets 40 servings per case/6 nuggets	2 oz. Meat 2 Bread	500	16	42	30	6	60	0	0	30%	8%	1,320	0

Product Serving/case & Serving Size	School Meal Contribution	Food Energy	Protein	Carbs.	Fat	Saturated Fat	Cholesterol	Vitamin A	Vitami n C	Iron	Calcium	Sodium	Fiber
		calories	grams	grams	grams	grams	mg	units	mg	mg	mg	mg	grams
Zartic													
Pre-cooked Beef Steaks 116 per case/1 patty	2 1/4 oz. Meat	156	15	0	10	4	44	0	0	2	5	120	0

n/a: not available

